



Development Stages and Characteristics of the History of Physical Education

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Abstract:

This article examines the developmental stages and characteristics of physical education. In addition, understanding the history of physical education, its study, acquisition of imagination and knowledge, the importance of improving the professional knowledge and skills of future specialists in the field of physical education have been studied.

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The study of the history of physical education has a special significance in the cultural history of the peoples of the world. Sources on the history of physical education of a person contain information about the work done by our ancestors in the field of physical culture and sports, the general laws of development and progress, from ancient times to the present day.

We all know that the science of physical education as a pedagogical process is the main tool and method in the full development of human development.

Therefore, physical education as an important part of the preconditions of education is the use of equipment, clothing, sports facilities, compliance with the rules of hygiene, the process of educating

and ensuring the proper and beautiful normal growth and development of the body.

Physical education and wellness physical education is a process that can be considered as a continuous and integral, mass exercise, physical education movement. In studying the history of physical education, it is important to note that it is an important part of scientific knowledge as a science, physical education and sports. To date, the study of the history of physical culture and sports is an independent field for specialists in the field of "History of Physical Education" and studies important components of scientific knowledge in the field of physical culture and sports.

Although the data on the emergence of physical education have a certain place in the research of scientists on the study of the problem, however, they have expressed their views on this issue from their own personal point of view. As mentioned above, many scholars have interpreted the issue differently in the way of their own views and the interests of their time.

A number of foreign scholars, such as Leturno, Espinas, and Gross, advanced the theory that physical training originated from animal games. Freud and his followers tried to prove that the game does not show the full value of the individual, because the game is supposed to express a person's attempt to escape from the difficulties of life into the world of fantasy. Theories about the origins of physical education and religious ceremonies are based on the same doctrine. A number of foreign researchers: Bucher, Nering, Maximov, Sternberg, and others, have argued that the training of animals in captivity generally stemmed from primitive play and dance.

G. V. Plekhanov scientifically proved that primitive games and exercises originated not from biological factors, but from human labor. During his research, N. Ponomaryov concluded that "in the process of becoming a human being, not only the improvement of the tools of labor, but also the constant improvement of the human body, played an important role in making the human race the main productive force. Mankind began to demand movement skills related to new physical qualities in order to meet their needs, to use labor as an important tool in the struggle for life, that is, for hunting.

Socio-historical laws have been a key factor in the liberation of man from infinite biological dominance and in his development. The following are the main sources for us in the study of the history of physical education. These are:

- Archaeological and ethnographic sources that are related to ancient physical education;
- Archive materials on physical culture and sports, scientific books and other written sources;
- Fine arts related to physical education and sports,
- Literary books, movies, photos, sound materials;
- Practical information on the development of physical culture of different nations (sports achievements, sports records);
- government laws and regulations on physical education and sports, special official documents are included.

Material and written monuments, folk epics and epos, the development practices of physical education are also considered to be proof for our thoughts of the study of the history of physical education.

Also, the main content of the study of the history of physical education consists of the following areas:

- The reason for the emergence and development of physical culture and sports, its theoretical foundations;
- The formation of the system of physical education as a specific social organization;
- The main periods in the movement of physical culture and sports;
- Organization of physical culture and sports in foreign countries, history of international sports and Olympic movements.

On this basis, all the guidelines for understanding, imagining and gaining knowledge about the historical development of physical education, as well as training specialists in the field of future physical education will be reflected. Most importantly, it reflects the various reforms being carried out in Uzbekistan, their positive results, the conduct of various physical culture and sports and health-improving activities, and others.

The history of physical education is studied in four main periods:

1. Physical training in the ancient world (VIII millennium BC - IV century BC).
2. Physical culture and sports in the Middle Ages (V-XVII centuries).
3. Physical culture and sports in the new era (XVIII – late XIX centuries).
4. Physical culture and sports in the most recent period (early twentieth century - present).

Briefly describing the four periods of the study of the history of physical education in the framework of my own opinion, each of these periods:

- The emergence of physical education;
- The formation of human motor skills;
- The increase of life experiences, the possibility of mental development and analysis of actions;
- The need to improve effective forms of labor;
- The stages of development of physical culture and sports, and many other factors.

In the opinion of scholars, while studying the history of physical education, we have been able to give a brief explanation of these four periods as follows:

1. The history of physical education begins in ancient times with the study of the origins of physical education. The physical training of the ancient world means the physical training of the two historical and social periods that mankind has gone through - the primitive community system and the system of slavery.
2. History of medieval physical education In the V-XVII centuries European countries understood the physical education of feudal lords, peasants and townspeople, the system of training knights, the views of humanists on physical education, the development of medieval physical education in Asia, America and Africa. During the Middle Ages, physical education and sports also developed as an integral part of culture.

The new era of physical culture and sports that was in the early XVIII and late XIX centuries is illustrated through the development of physical culture and sports in all countries of the world, the

development of the theoretical foundations of physical education, the emergence of gymnastics systems in Europe, the development of sports in England and the United States, Asia, America and physical education in African countries.

The feudal system that ruled in the 16th and 19th centuries collapsed and the era of capitalism began. During this period many scientific discoveries were made in the field of natural sciences. It has led to ideas about the stability of the material world and the absence of supernatural forces. It has led to an increase in human interest in pedagogy and the practical implementation of the theoretical foundations of physical education.

3. The latest period of physical culture and sports covers the development of physical culture and sports in all countries of the world from the beginning of the XX century to the present day.

In conclusion, summarizing all the points mentioned above, it is necessary to have an idea and knowledge about the historical development of physical education, as well as to study the history of its development in the training of future professionals in this field.

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